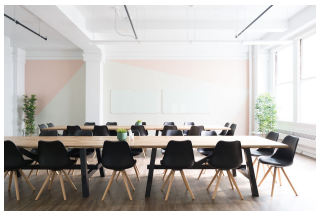
Third Left Wellness
Workplace Mindfulness

Ten Tips for Creating a Workplace Mindfulness Program

1) **Create interest and enthusiasm.** Explain the benefits from stress reduction to increased focus. To entice people to come to the first session, offer food. People will come for the food and stay for the mindfulness!

2) **Be a champion.** Programs that have internal champions are much more likely to succeed. You don't need to talk about it all the time, but do invite people personally to come to mindfulness session.

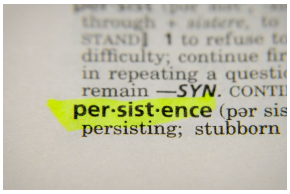


3) **Make practicing convenient.** Offer people a quiet room to practice when they have a few minutes.

4) **Address major misconceptions about mindfulness right away:** it's religious, it's complicated, and you have to turn off your thoughts. Offer the facts: modern practice is based on scientific research, practice itself is very simple, and you're just learning to relate to your thoughts differently.

5) **Invite leaders in the organization to join practice sessions.** Their examples encourage others, and their participation helps transform the culture.

6) **Follow through.** Just like physical exercise, mindfulness practice pays off, but not necessarily in the first week or two. It's important to try for two months or more to cultivate a habit and give people a chance to experience its benefits.



Third Left Wellness, LLC • Madison, WI • 920.858.1235
3rdlw.com • ed.maxwell@3rdlw.com